



Celebrate Food Day and National Farm to School Month in Montana by crunching into locally and regionally grown apples on **October 26, 2015 at 2 p.m. MST**. Last year, over 20,000 children and adults across Montana crunched into apples. We encourage all Montanans to join the third year of this crunch! Grab an apple, your colleagues, family, or friends, and join us for the loudest crunch yet!

Why crunch into apples? Haven't you heard the old saying, "an apple a day keeps the doctor away"? Apples are not only delicious but also nutritious. They are a convenient snack and a great source of fiber that helps to keep our digestive systems healthy. Apples also have a long history in Montana. The first apple tree in Montana was planted in the Bitterroot Valley in 1866.

This collective crunch encourages healthy eating and supports farm to school and buy local initiatives throughout the state. The Office of Public Instruction, Montana Team Nutrition Program, Montana State University, the National Center for Appropriate Technology's Farm to Cafeteria Network, FoodCorps Montana, Eat Right Montana, and other statewide partners have created this guide to help every Montanan crunch into a delicious apple this October!

Share your story by tagging a photo or video with **#MontanaCrunchTime** on Facebook, Twitter, Instagram, and other social media sites.

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Get Your Apples

One of the first steps in coordinating your Montana Crunch Time event will be to explore your options for getting locally or regionally grown apples to your students. If you are food service staff, follow the information below. If not, make sure you connect with the food service manager and/or head cook at your school to see if they are interested in being involved and can help order the apples for your Crunch Time!

Check with your distributors (SYSCO, FSA, and others) for local and regional apple options.

Finding a local grower:

Farm to Cafeteria Producer Database

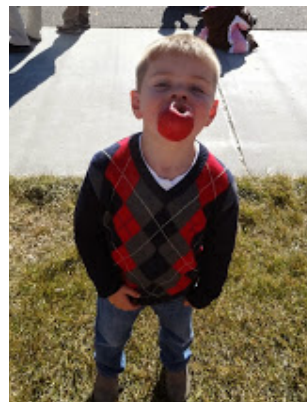
<http://farmtocafeteria.ncat.org/producer-database/>

Check out a farmers market near you

<http://agr.mt.gov/agr/Programs/FarmersMarkets/>

Abundant Montana Directory

<http://www.aeromt.org/abundant/>



Schools and Institutions

If your school qualifies, use your **Fresh Fruit and Vegetable Program** (FFVP) monies to purchase fresh apples for the Montana Crunch Time event.

Connect with a nearby FoodCorps service member. These individuals are happy to share their knowledge of local food producers. Find a FoodCorps member at: <http://mtfoodcorps.ncat.org>

For **procurement information**, including **food safety information** and regulations:

Buying Local Food Guide, Montana Team Nutrition Program

<http://opi.mt.gov/PDF/SchoolFood/FarmToSchool/GuidlePurchasingLocalFoods.docx>

Farm to Cafeteria Manual for Montana

<http://farmtocafeteria.ncat.org/>

Early Childhood Care and Education

Day care homes, child care center programs, preschools, and Head Start programs that participate in the Child and Adult Care Food Program (CACFP) are encouraged to join the Montana Crunch Time event at breakfast, lunch, or snack time. Be sure to indicate that apples will be a substitute food item by editing and posting your menu for families ahead of time. Apples purchased from a local farm, a farmers market, or co-op, are a creditable food item according to CACFP reimbursement guidelines. For more information on using CACFP funds to buy local foods, read this USDA Memorandum:

http://www.fns.usda.gov/sites/default/files/f2s/CACFP11_2015_Local%20Foods%20in%20CACFP_03%2013%202015.pdf

To ensure everyone can enjoy the crunch and apples don't go to waste, consider cutting apples into halves or slices for younger students.

Crunch Time at School

Increase Involvement

The more groups and individuals you can get involved with your Crunch Time event, the more successful it will be! Recruiting volunteers can increase participation while simplifying the Crunch Time countdown. Parents and other helpers can pick up apples at a central location in the school and assist with classroom activities. The food service staff can be a valuable resource for this project. Be sure to ask if they have the time and space to help with receiving, washing, and preparing apples.

Organizing an Assembly

Rally support and increase excitement for Crunch Time by holding an all-school assembly. Use this as an opportunity to ask for student and staff volunteers to act as grade-level and classroom leaders.



Crunch Time Leaders

You can appoint Montana Crunch Time champions. An elected student from each classroom can pick up apples from the school office or cafeteria for their classroom and help lead Crunch Time activities. A student club or sports team could take the lead in promoting the event and coordinating distribution of apples. You could assign Crunch Time “buddies,” putting older students in charge of delivering apples and helping to lead activities with younger students to make Montana Crunch Time a school-wide celebration.

Take Photos and Videos

Don’t forget to appoint a parent, teacher, or student to act as photographer and capture all the action of Montana Crunch Time! Share on social media using #MontanaCrunchTime!

Crunch Story – Butte School District

Andi Giddings, FoodCorps Service Member

On Oct. 24th, 250 students at Emerson Elementary in Butte, crunched into Pink Lady Macintosh apples from Swanson’s Mountain View Apple Orchard in Corvallis, Montana as part of Montana Crunch Time.

I worked with the Food Service Director in Butte to order the apples as part of our Fresh Fruit and Vegetable Program in which three schools receive a fruit or vegetable snack twice a week.

During lunch the students each put an apple in a cider press and see how cider is made. All of the students loved it!

In the afternoon I led four classes all about apples. The younger students did taste tests of different apples. The older students did an apple experiment where they placed apple slices in different environments and monitored the rates at which they oxidized (turned brown).

The principal counted down to the collective crunch at 2 p.m. over the school intercom. Many students claimed that the Pink Lady Macintoshes were the best apples they had ever had. Our Crunch Time 2013 was a success!

Connect to the Classroom

Crunching into that apple is just one part of the Montana Crunch Time experience. Apple activities in the classroom will help connect the event to current subject matter. Feel free to use and adapt the *Montana Crunch Time Fun Sheet* for your classroom!

Early Childhood Care and Education Activities

For young children, the apple tasting can be used to support vocabulary development by encouraging children to describe how the apples look, feel, smell, and taste. Apples are also a great way to discuss the parts of a fruit and how they grow. Check out these resources and apple themed activities:

http://www.ourcommunityourkids.org/media/2981/Farm%20to%20PreK_Sept09_Apples.pdf

<http://www.creative-preschool-teaching-themes.com/preschool-apple-theme.html>

<http://growing-minds.org/lesson-plans/apple-tasting-preschool/>

Books:

What Grows in My Garden: Apples Grow on Trees. Rooney, Anne. QEB Publishing, 2012.

Apples A to Z. McNamara, Margaret. Scholastic, 2012.

Lower Elementary (K-3) Activities

For younger elementary students, apples can be incorporated into writing, math, science, and art activities. Check out these lesson ideas:

<http://aginmontanaschools.com/teachers.htm>

http://harvestofthemoonth.cdph.ca.gov/documents/Fall/21712/Ed_News_Apples.pdf

<http://www.busyteacherscave.com/themes/apples.html>

Upper Elementary Education (4-6)

For older elementary students, apples fit right into math class. To demonstrate fractions, ask students to think about all the different ways to cut their apple into even pieces. Have students list all the fractions they can create and try to develop word problems with those fractions. Apples are also “ripe” for scientific experimentation. Students can perform basic science experiments to evaluate the ripeness and starch content of their apples. Consider these lesson ideas:

http://ohioapples.com/pdf/4-6_teachersguide.pdf

<http://tinyurl.com/apple-utah>

Middle School and High School Education

Montana Crunch Time is an opportunity for middle and high school students to explore their local food system. Students can calculate how far their apple (or various apples) has traveled to get to their plate. This demonstration is a great kickoff to any agriculture, conservation, or food system lesson.

The following links can assist with lesson planning:

<http://oklahoma4h.okstate.edu/aitc/lessons/upper/transport.pdf>

<http://tinyurl.com/natural-resources-utah>

Deck the Walls with Apples

This fun and informational apple poster, developed by Mission Mountain Food Enterprise Center is great for all ages and can be used in the cafeteria or classroom. Or have students create their own apple posters! <http://www.lakecountycdc.org/Posters>

Connect With Your Community

Montana Crunch Time is an opportunity to reach beyond the school walls and connect with the entire community. Schedule a visit to an orchard so students can see firsthand what it takes to grow apples. Alternately, invite an orchardist or local farmer to visit your school and share their farming experiences. Invite a food producer to come eat lunch with kids or help hand out apples they grew. Ask a local dietitian or doctor to share the benefits and importance of eating fruits and vegetables. Nutrition or health professionals can share why and how an apple fits into a healthy, balanced diet. Local college students involved in nutrition or agriculture programs would be great guest speakers or activity leaders as well.

Invite a number of local community leaders to celebrate Montana Crunch Time with you. Contact your local chamber of commerce to connect with local business owners or invite members of the school board to your Crunch Time event. Let local newspaper and television reporters know about your event by sending a press release (see below) and invite them to come join in the fun. Who will be your “crunch celebrity?”





Easy Applesauce

Get kids involved in mashing apples for a fun and easy treat.

Source: Harvest for Healthy Kids

(www.harvestforhealthykids.org)

Servings 4-6

Ingredients

4 medium apples (recommended: Fuji or Gala variety)

1 cup water

1/4 tsp cinnamon

1/8 tsp nutmeg

1. Peel and slice apples, removing the core. Leaving the peel on will result in chunkier applesauce and will retain more nutrients and color.
2. Place in pot.
3. Add water, cinnamon, and nutmeg.
4. Bring to a boil and let simmer until mushy.
5. Let children use a masher to mash up the apples into a sauce.
6. Set aside and let cool.
7. Serve warm or chilled.

Healthy Serving Ideas

Freeze 100 percent apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.

Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

For more ideas, visit www.cachampionsforchange.net

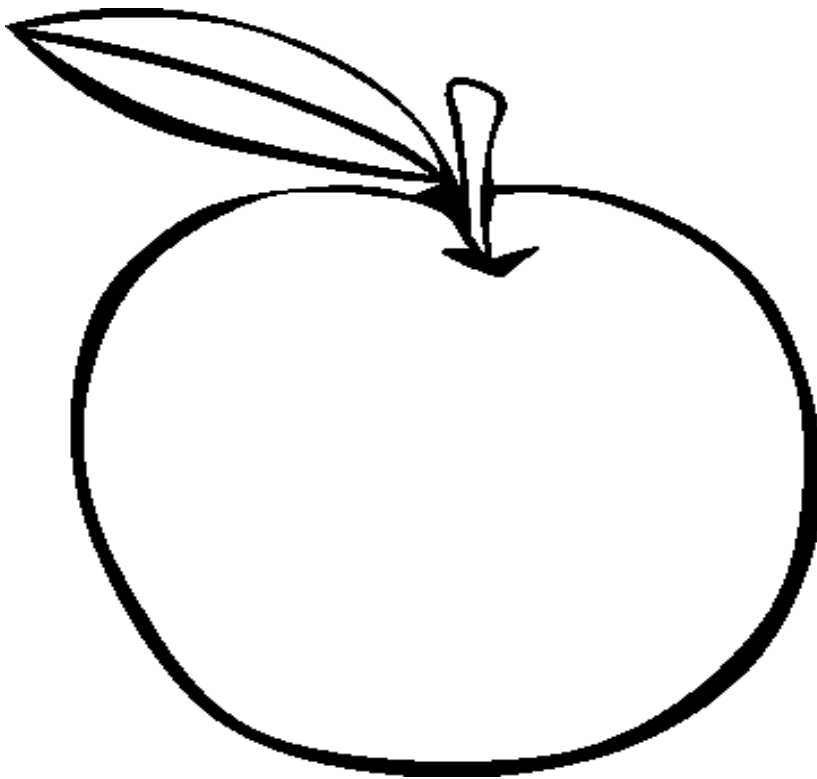
Did You Know?

Apples are a source of fiber!

- Fiber helps you feel full, helps keep your blood sugar level normal, and helps with digestion. It is found only in plant foods.
- Kids need three to five servings of fruits and vegetables a day.



Fun Fact: The first apple tree in Montana was planted in the Bitterroot Valley in 1866!



Color Your Favorite!

There are many varieties of apples, and they come in many shades of red, green, yellow, and more! They have many fun names including Braeburn, Pink Lady, and Spartan. Learn about other apple varieties at

Apple Poem

Apples in the attic,
Apples in the hall,
Apples in the summer,
Apples in the Fall.

Apples make you healthy,
Apples make you tall.
I will eat some apples,
I will eat them all!

Apple Unit Word Search

b	l	o	s	s	o	m	s	c	a
b	c	v	c	p	c	c	e	b	p
w	e	a	p	r	t	i	e	a	p
r	a	a	c	o	r	r	d	s	l
p	l	g	r	u	e	s	s	k	e
i	w	c	o	t	e	o	a	e	r
e	c	x	o	n	a	r	c	t	s
J	o	h	n	n	y	s	p	i	e



Community Celebrations

Montana Crunch Time isn't just for students and schools, everyone can participate! All across Montana, healthcare facilities, colleges, workplaces, businesses, community groups, and more will be celebrating healthy, locally grown food with a synchronized crunch.

- To get involved, use the modifiable Crunch Time flyer to spread the word.
- Post the flyer at your workplace or community center.
- Email it to coworkers or other potential participants.
- Announce Crunch Time at a work meeting or gathering.
- Share Crunch Time information on your website, social media pages, and or e-newsletter.

Once you have an event scheduled, be sure to share the information with your local media (see press release template below), and also with us! Register your community crunch at www.opi.mt.gov/Farm2School, and send us photos and video of your crunching crew.

Crunch Story: St. John's Lutheran Ministries Retirement Community

Greta Hensler, Montana Dietetic Intern

Montana Crunch Time was a big success at St. John's Lutheran Ministries in Billings. We crunched into two bushels of Macintosh apples from Blue Water Orchards in Fromberg, Montana. Sliced apples were served with a greek yogurt dip, as well as baked apples for those who would like something a little softer. I gave a presentation about including the benefits of eating local and regional foods, examples of the awesome foods Montana produces, and the health benefits of apples. We also had Montana Farm Trivia, Apple Trivia, and some colorful handouts. We did the presentations all across St. John's: Mission Ridge, Jensen Cottage, and Chapel Court.

Residents shared stories about the "good old days" of farming and gardening. Some of their favorite things to grow were tomatoes, beets, and zucchini. Flathead cherries came up as one of the tastiest Montana-grown treats. They were very excited to eat the apples! We had a few residents from Fromberg and they were proud of how good their hometown apples were. Many residents asked where they could buy more Montana apples. Every resident was able to take an apple to enjoy for later. Overall, it was a fun event filled with lots of crunches.



Promoting Your Event

Promote your event and Montana Crunch Time throughout Montana! Use the following sample press release/announcement below to invite others to join in your celebration. Download a modifiable Montana Crunch Time flyer to post in your workplace, school, and community. Consider inviting your local representative, an elected official, sports team, service clubs, or other individuals to join in your celebration.

Sample Press Release/ Announcement

FOR IMMEDIATE RELEASE

CONTACT

{NAME}

{SCHOOL/ORGANIZATION}

{PHONE}

{EMAIL OR OTHER CONTACT}

October 26, 2015

It's Montana Crunch Time, {TOWN/SCHOOL NAME}

{TOWN/SCHOOL NAME} is joining schools, preschools, and individuals across Montana in celebrating Food Day and National Farm to School Month by crunching into {CHOOSE: LOCALLY, REGIONALLY, ETC.} apples on October 26th at 2 p.m. MST for *Montana Crunch Time*!

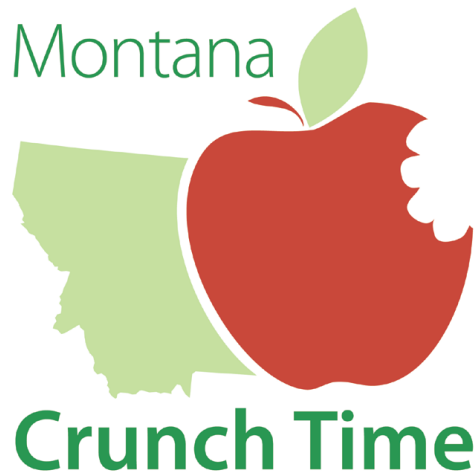
{PROVIDE A BRIEF DESCRIPTION OF YOUR EVENT, ACTIVITIES, LOGISTICS, HOW PARENTS/COMMUNITY CAN BE INVOLVED}

This collective crunch encourages healthy eating and supports farm to school and Buy Local initiatives throughout Montana. {DESCRIBE HOW IT CONNECTS LEARNING OR OTHER RELATED EFFORTS AT YOUR SCHOOL}.

For more information, or to crunch with us, please contact {CONTACT NAME} at {CONTACT PHONE AND/OR EMAIL}.

The Office of Public Instruction, Montana Team Nutrition Program, Farm to Cafeteria Network, FoodCorps Montana, Eat Right Montana and other statewide partners have created a guide to help every Montana child crunch into a delicious apple this October! For more information about Montana Crunch Time, to register and receive your guide, visit www.opi.mt.gov/Farm2School.

-end-



Join preschools, schools, colleges and individuals across Montana in celebrating Food Day and National Farm to School Month by crunching into locally and regionally grown apples on

October 26th at 2:00pm MST.

For more information about Montana Crunch Time, to register and receive your guide, visit

opi.mt.gov/Farm2School

Be sure to collect a “crunch byte” (video, photos, or audio) to share!

Location:

Local Host:



MONTANA
HEALTHY
FOOD AND
COMMUNITIES
INITIATIVE



Share Your Story

We want to see and hear students from all across our Big Sky State crunch into a Montana grown apple at the same time (2 p.m.)! Get out your cameras, video cameras, or phones and take a *crunch byte* from your school to share with others across the state! Be sure to share your story, photos, or videos on social media (Facebook, Twitter, and Instagram) by using tag **#MontanaCrunchTime**.

Additional Resources

Download the following resources to help extend your Crunch Time celebration!

[Montana Crunch Time Fun Sheet for Kids Word](#)

[Montana Crunch Time Flyer](#)

[Montana Crunch Time Modifiable Flyer](#)

[Montana Crunch Time Modifiable Fill-in Flyer](#)

[Montana Crunch Time Logo](#)

Apple Recipes for Food Services

[Apple Cake](#)

[Apple Crisp](#)

[Baked Sweet Potatoes and Apples](#)

Apple Recipes for Home or Classroom

[Apple Cheddar Quesadillas](#)

[Apple Pie Smoothie](#)

[Baked Apples with Dried Cherries and Raisins](#)

For More Information

Aubree Roth

Farm to School Coordinator, Montana Team Nutrition Program

Montana State Lead, National Farm to School Network

Phone 406-994-5996

Email aubree.roth@montana.edu

Learn more about Farm to School in Montana at www.opi.mt.gov/Farm2School

Resources and ideas about National Farm to School Month in October: www.farmtoschoolmonth.org

Learn more about Food Day and check out the school curriculum at www.foodday.org

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Individuals who are deaf, hard of hearing, or have speech disabilities and wish to file either an EEO or program complaint please contact USDA through the Federal Relay Service at (800) 877-8339 or (800) 845-6136 (in Spanish).

Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

USDA is an equal opportunity provider and employer.

Crunch Byte Photo Release Form

Help us gather crunch bytes (videos, photos, etc.) to share in future Montana Crunch Time resources by sending your crunch bytes along with the following release form for each child or adult that appears in the video or photo to Aubree Roth, Montana Team Nutrition Program, P.O. Box 173370, Bozeman MT 59717-3370 or by email at aubree.roth@montana.edu.

 <p>Montana Office of Public Instruction Denise Juneau, State Superintendent In-state toll free 1-888-231-9393 opi.mt.gov</p>	<h1>RELEASE FORM</h1>										
<p>I authorize the OPI to use the</p> <table border="0"><tr><td><input type="checkbox"/> work</td><td><input type="checkbox"/> artwork</td></tr><tr><td><input type="checkbox"/> vocal recording</td><td><input type="checkbox"/> music</td></tr><tr><td><input type="checkbox"/> name</td><td><input type="checkbox"/> poetry, essays, or other literary works</td></tr><tr><td><input type="checkbox"/> quotations</td><td><input type="checkbox"/> photograph or likeness</td></tr><tr><td colspan="2"><input type="checkbox"/> other: _____</td></tr></table> <p>Of _____ (print name of minor or individual) on the website, in brochures, and in other printed or digital publications developed by OPI. I understand the Internet is accessible to the general public. The OPI shall not be responsible for any use of the above by individuals accessing the Internet. If I subsequently indicate in writing that I would like any of the above to be withdrawn from the web site or not used in future brochures or other printed or digital publications, OPI agrees cease use within sixty (60) days from receipt of my written request.</p> <p>Such request should be mailed to: Montana Office of Public Instruction OPI Contact: P.O. Box 202501 Helena, Montana 59620-2501</p> <p>If the person named above is a minor, I am the parent or legal guardian of the minor and consent to the use of the above subject as described above. I have the legal right to issue such consent.</p> <p>Signature: _____</p> <p>(Print Name) _____</p> <p>Phone number: _____</p> <p>Address: _____</p> <p>Date: _____</p> <p>OPI Contact: _____</p>		<input type="checkbox"/> work	<input type="checkbox"/> artwork	<input type="checkbox"/> vocal recording	<input type="checkbox"/> music	<input type="checkbox"/> name	<input type="checkbox"/> poetry, essays, or other literary works	<input type="checkbox"/> quotations	<input type="checkbox"/> photograph or likeness	<input type="checkbox"/> other: _____	
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Approved by State Superintendent Denise Juneau May 1, 2012